



AZCEND

Changing Lives Since 1966

Formerly Chandler Christian Community Center

A FUN addition of the Gilbert Senior Center newsletter nutrition and activities.

Stay Home, Stay Healthy

Greetings >>>

COVID-19 Issue

Hope all is well with you all.
This is a special addition to our normal newsletter.
We all miss you at the senior center and hope you are hanging in there during this crazy time.
We can't wait to see all your smiling faces in the near future.
:)

Amanda Shepard
Activities Specialist



There are more ways to check out updates on the Senior programs.

Check us out online:

AZCEND.org

Gilbertaz.gov/seniors

<https://www.facebook.com/azcendcommunity/>

Senior Center Staff

Amanda Shepard, Activities Specialist
amanda@azcend.org, 480-503-6059
Lisa Price, Outreach Specialist
lisa@azcend.org, 480-503-6061
HDM Coordinator 480-503-6058
Jeremy Snipes, Kitchen Coordinator
jeremy@azcend.org, 480-503-6057
Kelly Delgado, Senior Programs Manager
kelly@azcend.org, 480-782-2721

Outreach Services

The Senior Center offers resources to assist with the common needs of seniors. For more information, contact Lisa at 480-503-6061.

You don't have to spend time looking for resources. I can provide information on matters such as DMV and social security questions. I also have information on resources for AHCCCS, SNAP (food stamps), legal aid, Medicare assistance, government phones, and Dial-A-Ride. I look forward to serving you!

*Lisa Price, Outreach Specialist
480-503-6061*

Pick up To Go Meals

The suggested contribution for active participants over 60 years and for those under 60 with disabilities is \$3.50.

Reservations are **REQUIRED** at this time. Please call 480-503-6061 or 480-503-6059 before 3pm M-F to reserve your meal.

Donations above the suggested amount are always appreciated.

Menus are SUBJECT TO CHANGE.
Lunch is served from 11:30-12:30 M-F

The Gilbert & Chandler Senior Centers, along with AZCEND, would like to thank the Valley of the Sun United Way, the Town of Gilbert, the City of Chandler, and Area Agency on Aging for their continued support of our meal programs.



Food Bags

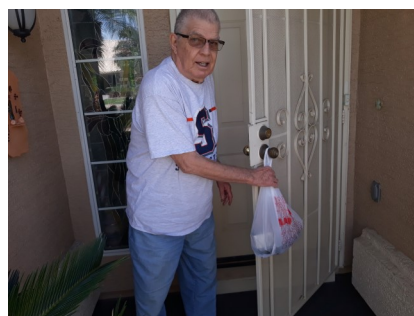
The Gilbert Senior Center is happy to provide a monthly food bag for qualified individuals. Participants must qualify by filling out a form from the Senior Center office. For more information, call 480-503-6061. Food bag pick up is the 3rd Wed. and Thurs. of each month.

Home Delivered Meals (HDM)

Home delivered meals are a perfect solution for those unable to leave home or recovering from a procedure or sickness.

We deliver a hot, nutritious meal to your home. If you or someone you know could benefit, please contact our HDM Coordinator at (480) 503-6058

We offer home delivered meals Monday- Friday between the hours of 10:00 am and 2:00 pm. Hours depending on your location. Participants may qualify for financial assistance by calling the Senior Helpline 602-264-4357. or pay \$6.50 per meal with a \$20 set up fee, billed monthly.



Exercises for Seniors

If you have access to the internet and know how to navigate through it,
This section is for you!

YouTube is a great way to find different types of exercise programs. For example:
Google –YouTube. Then when you have gotten to YouTube type in the search bar,
Chair exercises for Seniors. A whole bunch of videos will be at your finger tips.

We want to keep you moving at home. :)

The Gilbert Senior Center is excited to announce we have created our very own
Facebook page! Look us up for all the latest exercise videos, Zoom meet-ups and
news about the center. Search for **Azcend Senior Community** and like us.

Below is a link for a guide of how to use Zoom if you have not used it yet.

<https://support.zoom.us/hc/en-us/articles/200941109-Attendee-Controls-in-a-Meeting>

Starting June 8th we will start our virtual exercise classes.

All of our exercise classes are for **ALL** ages and **ANY** physical ability.

Monday: Tai Chi: 10am-10:45am

Tuesday: Chair Exercise: 9:30am-10am

Wednesday: Yoga: 9am-10am

Thursday: Silver Sneakers Taped Video by Jana

Friday: Zumba 9am-10am



**Did you know
that if you
qualify for
government
assistance you
may be eligible
for a cell
phone?**

**Contact Lisa
for more info.**

**Apply or Renew
AHCCCS, SNAP
(food stamps)**

**Lisa Price
lisa@azcend.org
Phone: (480) 503-6061**

**Do You Qualify?
Find Out NOW!**

**Make your appointment today
to start your application!**

ADDITIONAL SERVICES INCLUDE:

Food Bank Distribution

- Food Boxes

Family Resource Center

- Parenting & Early Literacy Classes
- Diapers & Formula

Community Action Program

- Emergency Utility, Rental/Mortgage Assistance
- Homeless and Housing Programs

Senior Center & Home Delivered Meals
For more information about our services,
visit AZCEND.org.



Important Notes

To Participants at the Gilbert and Chandler Senior Centers:

I want to thank everyone for your patience during this time of uncertainty. I know how important our meals and opportunities for socialization are for you and look forward to re-opening the Gilbert and Chandler Senior Center when we are no longer required to provide 6ft of social distance between participants.

Hopefully, you've been able to access our meal program in one of the following ways: Pick-up congregate meals at either the Gilbert or Chandler senior centers or Home Delivered Meals (Meals on Wheels).

Pick-up congregate meals requires a reservation so call Lisa at (480) 503-6061.

AZCEND provides Meals on Wheels for Gilbert, Chandler and Sun Lakes. Area Agency on Aging offers a Senior Helpline (602) 264-4357 which you can call to qualify for program funded meals or we have private pay meals which are \$6.50/meal with a \$20 set-up fee.

If you follow this link <http://optum.co/virtualcommunitycenter> you'll find opportunities to exercise your mind and body.

Also available is a virtual or by phone senior community center offering opportunities for classes, activities and a way to connect with peers. <http://www.seniorcenterwithoutwalls.org/>

We miss you all and hope you are healthy. Stay safe and check out our websites for service updates and menus! www.azcend.org, click on Get Help Senior Centers, Click either the Gilbert or Chandler Senior Center Link.

Sincerely, Kelly Delgado, Senior Programs Manager for AZCEND



Gilbert's Response to COVID-19

It is our responsibility to prioritize the health of Gilbert's residents and employees, especially those who are high-risk for contracting this virus. In an attempt to flatten the curve to contain the spread of COVID-19, Gilbert is taking the following steps and precautions:

CENTER

The Gilbert Senior Center is closed and all senior recreation classes are suspended until further notice.

MEALS

- AZCEND's senior meals will move to pick-up only until further notice.
- **A 24 hour reservation is required for all meals.** To make a reservation, you must call (480) 503-6059 Or (480) 503-6061 Please leave a message if no one is available to accept your call directly.
- Meals will be available for pick-up from 11:30 AM - 12:30 PM, Monday - Friday.

For questions related to AZCEND, please contact [Kelly Delgado](#), Senior Program Manager, at Kelly@AZCEND.org or at (480) 503-6058.

To learn more about the steps Gilbert is taking to prevent the spread of COVID-19, visit: gilbertaz.gov/COVID19

We will update this message on AZCEND (www.azcend.org) and on this page as needed to keep you informed of when we will resume regular services at the senior center.

We appreciate your patience and cooperation.

The Sands Of Time

© STEPHANIE M. LAWRENCE

I look in the mirror and see
A stranger looking back at me.
Who's that person standing there
With wrinkled skin and such gray hair?
Could it be me?

Yesterday my hair was brown.
My skin was smooth, tan all around.
My shoulders straight, my posture proud.
My voice had strength to call out loud
My name.

I could dance all through the night
Until I saw the morning light,
And then I'd nap a short time and
I'd take my morning walk again.

Head for work, eyes all aglow.
Nothing 'bout me then was slow.
Was that yesterday?

Today I wake up when I can.
I try to stretch and cramps set in.
I stand up tall, at least I try,
But my arthritis makes me sigh.

My butt, it sags, my waist is gone
I shuffle now across the lawn.
My walker keeps me on my feet,
But sometimes my butt hits the street
Anyway.

Today is here, I thank the Lord.
I have no tumors, I'm just bored.
The sword of life cuts quickly through
The hours and days for me and you.

I had dreams yesterday
When life was grand and I could say
Someday when I'm old...
But that was yesterday.

And then I find today is here,
And I am looking in that mirror.
I see me, and suddenly
I am my mother, don't you see?

The hourglass of life begins
At birth, and one day it will end,
And through the sands of time are born
New generations that will form.

And one day looking in that mirror
A girl will see a stranger there
And wonder where she's seen somewhere
That person with wrinkles and such gray
hair.



Pictures above:

It warms my heart that our seniors want to give back. Feed My Starving Children is a great organization to volunteer for. We then celebrated our giving back with a great lunch!



Pictures on the left:

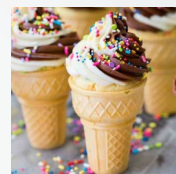
A small but FUN group went bowling back in February. Some of us were a little rusty. Can't wait to go again!

Crazy Fun Holidays

June 12th
National Peanut Butter
Cookie Day



July 1st
National Ice Cream Day



August 16th
National Tell a Joke Day



Your support...

If you would like to donate items or a financial contribution to support the work of AZCEND's Senior Center programs, several ways to donate are listed below. Thank you.

Your support is needed...

The Senior Center programs are in need of the following donation items:

- Gently used clothing
- Knick knacks
- Arts and crafts supplies

Another way you can support the programs that you and others participate in are through financial contributions. All donations are fully tax deductible as allowed by law.



*Picture above: Tea Party time!
We enjoyed afternoon tea with great snacks and of course great tea!*

Contact us at 480-503-6061 www.azcend.org



Current Topics >>>

Check us out online:

www.azcend.org

www.gilbertaz.gov/departments/parks-and-recreation/seniors

www.facebook.com/azcendcommunity

Gilbert Senior Center
130 N. Oak Street
Gilbert, AZ 85233

YOUR TAX CONTRIBUTION CAN CHANGE LIVES!

Your contribution is a dollar-for-dollar tax credit! Your contribution to AZCEND as a Qualifying Charitable Organization can be claimed on Form 321 of your Arizona state return and does not need to be itemized.

At AZCEND, we change lives by nourishing minds and bodies to create a connected, thriving community. We strengthen families and communities through food boxes; senior nutrition; rent and utility assistance; parenting, health and literacy classes; homeless services; and other comprehensive programs and resources. Of every dollar given, 94 cents goes directly to the people we serve by supporting our programs.

All donations are fully tax deductible as allowed by law. Gifts to AZCEND qualify for the Arizona Tax Credit up to \$400 per individual and \$800 per couples filing a joint income tax return in the State of Arizona. Charitable Tax Credits differs from tax deductions because they are fully tax-refundable. They will either reduce the total Arizona state income tax you owe or increase the state income tax refund you receive, dollar-for-dollar when you file your taxes. Please always refer to your tax advisor when making any decisions concerning your taxes.

Donate online at <http://AZCEND.org/causes/donate> or by check. Make your check payable to "AZCEND" and mail to PO Box 591, Chandler, AZ 85244